

Greetings From the Mayor



Dear Seniors:

Happy Holidays!

Throughout the month of September, I had the sincere pleasure of visiting every senior building in the city to talk with you, listen to you and share exciting news about what is happening in the City of East Orange.

Every day, my administration is hard at work enhancing our city and I wanted to ensure that our seniors heard firsthand what we’ve been doing to make it a better place for everyone who lives, works and visits here.

With the holiday season upon us, I am especially thankful for the support and trust you have placed in me during my first year as your mayor. I am dedicated to maintaining an open line of communication between my administration and our senior community and I look forward to working with you in the future to make this endeavor a success.

Our Division of Senior Services has been diligently advocating on your behalf, and to that end, we have enhanced programming and services to improve the quality of life for our residents who are young at heart. Under my administration’s leadership, I am happy to

report that the Division will soon be receiving three new state-of-the-art and handicap-accessible vehicles to ease transportation access to and from the East Orange Senior Center and other venues throughout the city and state.

We also are working closely with the New Jersey Department of Transportation to ensure ADA-compliant pedestrian crossings on Freeway Drive and other major roadways to ensure the freedom of mobility for all of our residents.

This is a great time to be living in East Orange! I would like to extend a heartfelt thanks to you and your families for welcoming me into your residences. Your hospitality was most appreciated.

May you have a plentiful and joyous holiday!

Mayor Lester E. Taylor III

Senior Services Directory

Phone Number	973-266-8832
Clerical/Manager	Extension 101
Receptionist	Extension 100
Accounting	Extension 113
Computer Lab	Extension 117
Events/Recreation	Extension 105
Facilities	Extension 118
Field Representative	Extension 110
Home Friends	Extension 102
Outreach	Extension 118
Recreation Supervisor	Extension 108

Table of Contents

Activities to Stay Fit & Healthy	Page 3
City Council Members	Page 2
Computer Classes	Page 19
Cookbook	Page 19
Energy Assistance	Page 4
File of Life/Emergency Information	Page 6
Financial Services	Page 4
Food Corp. Program	Page 9
Home Friend Program	Page 4
Mayor’s Message	Page 1
Manager’s Message	Page 3
Medicare/Medicaid	Page 8
Outreach Services	Page 14
Photo Gallery	Pages 14-18
Photo ID Card	Page 9
Seniors Speaking Out	Page 5
Social Security Benefits	Page 7
Telephone Reassurance Program	Page 8
Transportation Schedule	Page 6
The Brainy Bunch	Page 8
Weekly Activities	Page 20
Winter/Spring Calendar of Events	Pages 10-13



GREETINGS
From the East Orange, New Jersey
CITY COUNCIL



From left to right:

First Ward: Andrea D. McPhatter, Christopher D. James;

Second Ward: Jacquelyn E. Johnson, Romal D. Bullock;

Third Ward: Quilla E. Talmadge; Ted R. Green;

Fourth Ward: Sharon Fields, Tyshammie L. Cooper;

Fifth Ward: Alicia Holman & Lonnie Hughes.

THE CITY OF EAST ORANGE
2015 HOLIDAY SCHEDULE



The East Orange Senior Center will be Closed on these Dates below.

HOLIDAY	DATE	DAY OF THE WEEK
New Year's Day	01/01/2015	Thursday
Martin Luther King Jr. Day	01/19/2015	Monday
Presidents Day	02/16/2015	Monday
Good Friday	04/03/2015	Friday
Memorial Day	05/25/2015	Monday
Independence Day (observed)	07/03/2015	Friday
Labor Day	09/07/2015	Monday
Columbus Day	10/12/2015	Monday
Election Day	11/03/2015	Tuesday
Veteran's Day	11/11/2015	Wednesday
Thanksgiving Day	11/26/2015	Thursday
Christmas Day	12/25/2015	Friday

Manager's Message



Mayor Taylor, City Council, to my staff and last but not least, my senior citizens:

The end of year is always a good time for reflection, and 2014 was a busy year here at Senior Services. My reflection started in January, when I took on the position of Manager of Senior Services. I quickly discovered that I was working with a very knowledgeable staff that provided great assistance as I tried to master the learning curve that always comes with starting a new job. I've also had the good fortune to meet many people who are truly committed to this community and hope to meet many more in the year ahead.

I see evidence of the difference our services make in the lives of seniors daily, whether through Bowling, Senior Conference Telephone Reassurance Program, The Home Friends Program, The Exercise Program, The Brainy Bunch Program, The Technology Program, or scores of other special services that we make available to the senior and disabled community.

Our challenge is to be of service to individuals whose years of hard work and perseverance entitle them to enjoy the fruits of their labor within the confinement of their community

My staff and I are eager to continue to meet this challenge and we invite East Orange residents to learn more about what we do and get involved either as a participant or as a volunteer.

Our presence on the city's website is more visible and informative. The purpose of the website is to bring your attention to various activities and services available through the City of East Orange, Division of Senior Services. So, as we get ready for a new year, I look forward to working really hard for all of you and working with the dedicated employees at senior services.

I am particularly proud of our commitment to provide educational programming as part of our recreational and cultural activities. In this way we demonstrate our commitment to ensuring that the East Orange Senior population remains involved and informed.

Thank you for your active involvement and support!



Rita D. Butts
Manager

Activities to Stay Fit and Healthy for East Orange Seniors and Disabled Adults.



Exercise Classes: The exercise class provides an opportunity for the participants to work out while engaging in physical fitness exercises that help them to stay fit and remain healthy. The classes are held every Monday, Wednesday and Thursday from 10:00 a.m. - 11:00 a.m. This is a free program and it is available for all East Orange residents 60 years of age and older and disabled adults. The city of East Orange provides a full year exercise program.

Bowling League: Here is an opportunity to socialize, compete, and exercise simultaneously. The East Orange Senior Citizen Bowling League meets every Thursday at the Eagle Rock Bowling Alley. This is a FREE activity which includes the shoes, and access to the lanes equipped with the bowling balls. The League currently has eight (8) teams; however the league can increase the number of teams if more persons choose to join.

Ms. Estelle Jenkins volunteers as the teams' captain. Lessons on how to bowl, and keep score are available for those who do not know how. Bowlers receive free transportation to and from the Bowling Alley. To register for this activity you may call 973-266-8832, ext. 108.

Silver Steppers: If you like performing, the East Orange Silver Steppers is a group you should join. This group of men and women choreographs and practices unified routines.

The group is invited to perform at different events throughout the year. The Silver Steppers in their classy uniforms are a big hit at the City's Memorial Day Parade and, various community, school and church events. Membership for this group is open for all seniors 60 years of age and older and disabled adults.

Billiards, Ping Pong and Wii: The State of the Art Billiards table is available for use every Monday through Friday between the hours of 9:00 a.m. to 4:00 p.m. Feel free to bring your partner and shoot pool or convert the table top to play Ping Pong. On Wednesdays between the hours of 9:00 a.m. - 1:00 p.m. the Billiards Weekly activities is held. For those who like to bowl, golf, box, play baseball or tennis and do Zumba you can do this at the center using our Wii equipment. Instructions as to how to use the equipment is available free of charge. Play the Wii on Fridays from 9:00 a.m. to 3:00p.m.

Free Bread Distribution:



Feel free to participate in the free bread program. Every Tuesday between the hours of 10:30 to 1:00 p.m. the division distributes free bread.

First come, first served until the supply is liquidated.

Help is Available To Help You Manage Your Finances.

The East Orange Division of Senior Services provides outreach assistance. The outreach team is here to help you. We will assist you with completing applications for energy assistance, meals on wheels, health plans and food stamps. We will counsel you on issues regarding Medicare, Medicaid, and Social Security. You should seek help from our office when you first realize that you need assistance. The longer you wait to get help the harder it will be to help you. The outreach team can inform you of the various programs you may be eligible for and assist you with applying for the program that best address your needs.

Many seniors are struggling attempting to maintain their homes. Property taxes, water and heating bills far exceed their income. We strongly advise seniors who are faced with these issues to immediately apply for senior housing so that you can be placed on a waiting list. There is often a lengthy waiting period before one can be approved, and there really isn't any emergency housing for seniors in the City of East Orange. We also suggest that if you own your home, and you are struggling financially that you consider a Reverse Mortgage. If you require assistance please call the East Orange Division of Senior Services for an appointment and we will be happy to serve you.



Home Friend Program

Do you need help with keeping your apartment or house in order? The East Orange Home Friend program is here to help senior and disabled adults who reside in East Orange.

The Home Friend Program provides eligible residents with light housekeeping, laundry, local errands, food shopping, light meal preparation, and companionship. To be eligible you must meet the income criteria and you cannot be receiving Medicaid. This program is made possible through a grant from the Essex County Division of Senior Services.

The City of East Orange has been providing these services to the elderly residents for 35 years. We are here to help senior citizens and disabled adults to live longer and grow stronger if you meet the following income criteria please feel free to call or visit the Division of Senior Services to apply for services through this program. Family Size Per Month Per Year:

1 Person	\$1,634 - \$19,600
2 Persons	\$2,200 - \$26,400
3 Persons	\$2,767 - \$33,200



The East Orange Division of Senior Services provides assistance with completing applications for the various

Energy Assistance Programs.

It is to your advantage to familiarize yourself with the various available programs to determine whether or not you may be eligible to receive assistance with your energy bills. If you need help applying for any of the programs listed below please call the office and make an appointment.

Low Income Home Energy Assistance Program (LIHEAP): The LIHEAP program is designed to help low income families and individuals meet home heating and medical necessity cooling cost. To be eligible, a household must have an income at or below 200% of the Federal Poverty Level (FPL) and be responsible for paying for heat in the home.

Universal Service Fund (USF): Is a program created by the State of New Jersey to help make natural gas and electric bills more affordable for low income households. If you are eligible USF can lower the amount you pay for gas and electric. To be eligible, a household must have a gross income at or below 175% of the Federal Poverty Level (FPL) and pay more than 3% of their annual income for electric and gas. If a household has electric heat, it must spend more than 6% of its annual income on electric to be eligible. You can apply for USF anytime.

LIHEAP and USF Re-certification: If you received USF or LIHEAP benefits during the previous heating season and did not move, you will receive a recertification form in the mail instead of a full application. Contact the Division if you do not receive your form and we will assist you in either getting a new form or completing a new application.

Food Stamps and PAAD Automatic Enrollments: Food Stamp and Lifeline/PAAD recipients are automatically screened for USF and LIHEAP and only need to complete a new application if requested by written notice in the mail from La Casa de Don Pedro.

NJ Shares: Assists households who do not qualify for LIHEAP (October 1 through April 30), USF (year round) and whose income does not exceed 400 percent of the Federal Poverty Level. Each client fills out an application with the assistance of a local community-based organization. NJ SHARES partners with more than 260 organizations statewide. Eligibility is determined by income and household size. Grant maximums are \$700 for heating and \$300 for electric service. The program is available year round based on funding availability and you must be denied from the True program to qualify as well.

TRUE Grant: The State of NJ awarded the Affordable Housing Alliance more than 20 million dollars to assist moderate income families or individuals who are having difficulties paying the cost of their gas and electric. The maximum grant is \$750.00 for gas and \$750.00 for electric, depending on the balance owed. Funds are awarded on a first come, first serve basis.



Know If You Are Eligible! Compare your monthly or annual income using the following chart

Household Size	LIHEAP 200% FPL	USF 175% FPL	NJ Shares 400% FPL	True Program
1	\$1,945	\$1,701	\$3,890	\$23,352 - \$54,858
2	\$2,621	\$2,293	\$5,243	\$31,464 - \$71,738
3	\$3,298	\$2,886	\$6,597	\$39,588 - \$88,617
4	\$3,975	\$3,478	\$7,950	\$47,712 - \$105,497
5	\$4,651	\$4,070	\$9,303	\$55,524 - \$122,377
6	\$5,328	\$4,662	\$10,657	\$63,948 - \$139,255

Seniors Speaking Out

Since August 2014, I have been attending exercise classes and a member of the East Orange Silver Steppers. It has strengthened me physically, mentally and socially. I was told by my medical physician that I have lupus and shoulder and hip degeneration.

The exercise classes have strengthened me in these areas. Under the leadership of Richard Clark, I have been encouraged to go beyond my limitations which I would have been afraid to do without him. I have met and developed new friendships and special bonds with other seniors at the center. This experience has been a positive change in my life.

LaVern Sly

It's amazing what you can do with two fingers and a thumb" As long as you can pick up a bowling ball and throw it down a lane, you can bowl at any age. I like bowling with the many teams from the East Orange Senior Center because we are all blessed to be seniors in a sport that helps us improve our health and have fun at the same time. The teams are great with encouraging one another and offering better techniques on getting strikes and spares. The beginners, as well as myself who has not bowled in 20 years, are grateful for their willingness to share their skills.

Bowling with the teams affords me the opportunity to make new friends and to strengthen relationships which is a part of my God given lifestyle. I like the friendly competition between the other teams; it helps me improve my game and increase my game average.

In between bowling on a team, Diane McClurkin, who is the chairperson for the bowling teams, comes around the lanes ensuring we are having fun and that the beginners feel comfortable as new members of the teams. Rick Clark, who is responsible for the teams, visits as well with information and checks to see that we are being taken care of by the Bowling staff.

I am appreciative to the City of East Orange and the Director Rita Butts for sponsoring the bowling teams. We are all proud to wear our new bowling shirts; it identifies the teams as East Orange Senior Service Bowlers.

Gertrude Hendrix

As a long time, resident of East Orange I have to give applause to the staff of East Orange Senior Center, on Halsted St, for providing a warm and relaxing pool form where any senior can play...I also thank them for their effort and support in getting a four person team to the New Jersey Senior Olympics held in Woodbridge, NJ on September 5-7. The team of Oscar Broadway, silver medal, Elaine Williams, gold medal and Jesse King, gold medal, won these medals for ourselves as well as for City of East Orange. Again thank you, Mayor Lester Taylor, Manager Rita D. Butts, and Recreational Supervisor Rick Clark for your help and support.

Oscar Broadway



I would like to thank all of the Silver Steppers who came out to rehearsals and put a lot of their time in so that we might put on a good show. We do enjoy learning new steps. You are NEVER too old to learn. What I like most is when I see a big smile on the people's faces.

Ruth Ashby

Never did I anticipate what lay beyond the portals of 90 Halsted Street when I registered nearly three years ago. The East Orange Senior Exercise Program is a well-kept secret. Nowhere in Essex County is there a more comprehensive exercise program as delivered to the citizens of East Orange- free!



Generally, three days a week, I look forward to my oasis at the East Orange Senior Center for a 45-minute to one-hour cardio workout. Many mornings I'm less than enthused about getting out (especially since cold weather is upon us) but once I have arrived, it's so invigorating to get those limbs moving once more. And at the end of the workout, I'm revitalized, ready to take on anything!

The Exercise Program allows me to strengthen my body and provides an opportunity to fraternize with peers of different ethnicities, religions and cultural backgrounds. As a newly-inducted Silver Stepper, it gives me a platform to perform at a high level within the County and to encourage other seniors to participate.

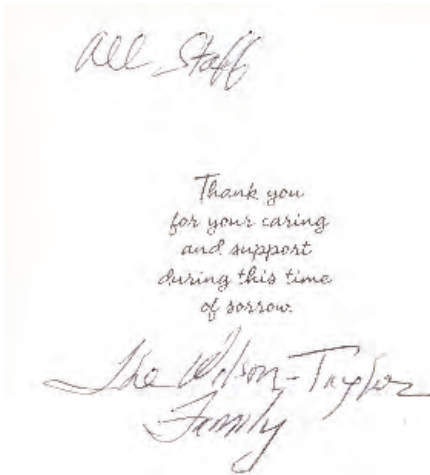
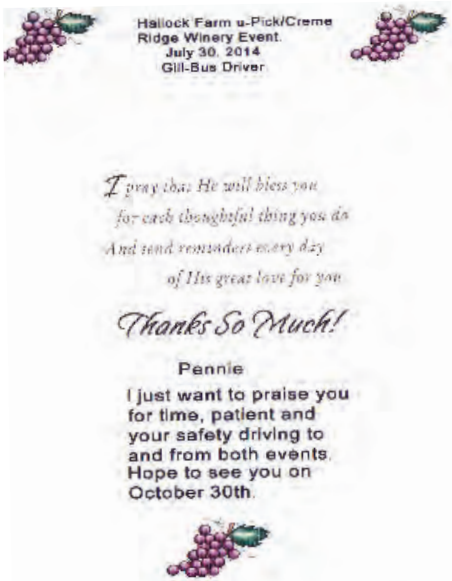
I feel significant growth as an individual for having transformed my personality to include this exciting regimen.

We have been blessed to be under the tutelage of Manager Rita Butts and Instructor Richard Clark who incorporate their professionalism and caring attitudes into creative and well-being initiatives for the seniors.

Along with the Exercise Program, Manager Butts has engaged professional from various fields to enlighten us through various Health and Wellness seminars. These programs are preparing the seniors for the cyber world that awaits us.

In closing, I am eternally grateful to the City of East Orange, Mayor Lester Taylor, Ms. Butts, Mr. Clark and the staff (ever helpful and friendly) for this wonderful program. I look forward to whatever future enhancements are on the agenda.

Shirley Richard

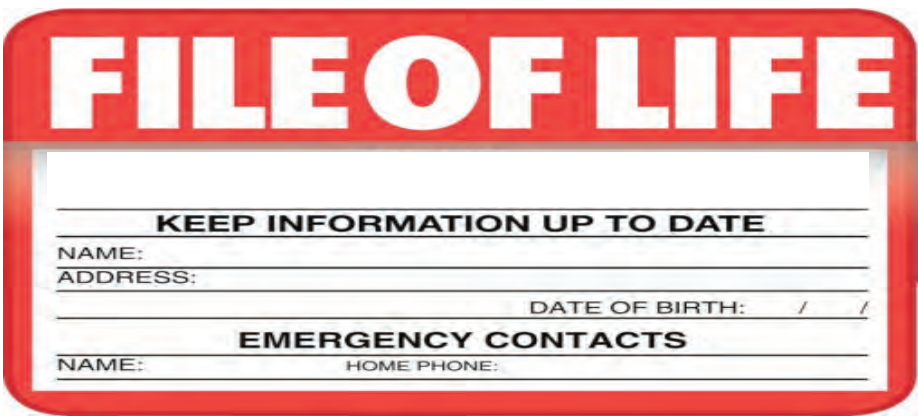


Emergency

The City of East Orange Division of Senior Services encourages all senior citizens to maintain an accurate File of Life Card. The File of Life Card is a paper record of your medical conditions, allergies, medications, and emergency contact information. This document is essential for emergency medical teams, paramedics and, doctors to properly treat you. If you are unable to accurately remember your personal information, or unable to speak at all, the File of Life card will speak for you. When you apply for the File of Life, two cards are completed. One is pocket size and placed in a plastic red case, marked FILE OF LIFE to conveniently fit in your wallet or pocket. A duplicate larger card is placed in a magnetic red case marked FILE OF LIFE for you to attach to your refrigerator. Every senior citizen and disabled adult

who resides in the City of East Orange should always have their pocket size File of Life Card with them when they leave the house.

In the case of an emergency, the Emergency Medical Technicians (EMT's) recognize the card and are able to administer the proper care immediately. Upon reviewing the information on the card the first respondents will become aware of your allergies, daily medications, and existing medical conditions. Therefore the treatment you receive will be exactly what you need. There will be no risk of someone administering a medication or treatment that may cause you a harmful reaction. Medical technicians will also



know to avoid using products to which you may be allergic. Your family or friends can be notified immediately because your emergency contact information is also listed on the card. So **Don't Delay!** Call for an appointment today!! It is important for you to make sure that you have an up to date File of Life card in your possession. If you cannot come to us, please call and we will arrange to

Remember When...

- It took five minutes for the TV to warm up.
- You lifted the telephone receiver the first thing that you heard was a friendly voice saying, "Number Please".
- A quarter was a decent allowance.
- Nobody owned a purebred dog.
- You'd reach into a muddy gutter for a penny.
- No one ever asked where the car keys were because they were always in the car, left in the ignition, and the doors were never locked.
- There was a knock on the door, and when you opened it, there stood a person with a little black bag in their hand, and you said, "Thank you for coming so quickly, doctor".
- Lying on your back in the grass with your friends and saying things like, "That cloud looks like...."
- Playing baseball with no adults to help with the rules of the game.
- Stuff from the store came without safety caps and hermetic seals because no one had yet tried to poison a complete stranger.
- Decisions were made by going, "Rock-Paper -Scissors".
- Catching fireflies could happily occupy an entire evening.
- The worst thing you could get from the opposite sex was "cooties".
- It wasn't odd to have two or three "best friends".
- Having a weapon at school meant getting caught with a slingshot.
- A foot of snow was a dream come true.
- Saturday morning cartoons weren't 30-minute commercials for action figures. "Olly-Olly-Oxen Free" made perfect sense.
- The worst embarrassment was being picked last for a team.
- War was a card game.
- Baseball cards in the spokes transformed a bike into a motorcycle.
- Taking drugs meant orange-flavored chewable aspirin.
- Water balloons were the ultimate weapon.

GET ON THE BUS

call 973-266-8832 to schedule a pick up.

Transportation is available

Monday through Friday 9 a.m. to 4p.m to transport you to:

Doctor Appointments - Pharmacy Visits - City Hall - East Orange Library - Post Office - Grocery Shopping

Grocery Shopping Schedule:

MONDAY 8:45am-287 South Harrison Street 8:45 am- 70 South Burnet Street 1:30pm-Northside (07017)	TUESDAYS 8:45am- South side (07018) 1:30 pm-220 Prospect Street	WEDNESDAY 8:45am- 25 South Grove Street 9:00 am-545 Park Avenue 1:30pm-50 South Munn Avenue
THURSDAY NO SHOPPING	FRIDAY 8:45am-Southside & North side (07017) 1:30pm-777 & 780 Springdale Avenue	

Our transportation travels within the City of East Orange the only exception being West Orange Shoprite Grocery Shopping. We are here for you so don't hesitate to call 973-266-8832 to schedule a pick up.

Social Security Announces 1.7 Percent Benefit Increase for 2015



Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 64 million Americans will increase 1.7 percent in 2015, the Social Security Administration announced today. The 1.7 percent

cost-of-living adjustment (COLA) will begin with benefits that more than 58 million Social Security beneficiaries receive in January 2015.

Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2014. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$118,500 from \$117,000. Of the estimated 168 million workers who will pay Social Security taxes in 2015, about 10 million will pay higher taxes because of the increase in the taxable maximum.

To meet the increasing demands for our service, we need to make changes to how we provide some services to our customers. Beginning in February 2014, Social Security will no longer provide benefit verification letters in our offices. You will still be able to get an instant letter online with a personal **my** Social Security account or you may call us toll-free to request a letter by mail.

Also, to protect the integrity of the Social Security number and prevent fraud, we will discontinue providing Social Security number printouts. If you need proof of your Social Security number and you do not have your Social Security card, you will need to request a replacement Social Security card by completing the Application for a Social Security Card (Form SS-5) and providing the required documentation. See steps below for obtaining your benefit verification letter or requesting a replacement Social Security card. We also encourage you to visit www.socialsecurity.gov to learn about the many convenient online services available to you.

If you need proof of your Social Security or Supplemental Security Income benefits, you can get a benefit verification letter online instantly through a **my** Social Security account. To create an account, visit: www.socialsecurity.gov/myaccount.

With **my** Social Security, you can easily view, print or save an official letter that includes proof of your:

- Benefit amount and type;
- Medicare start date and withholding amount (if applicable); and
- Age

If you are unable to go online, you can call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778) to request your letter be mailed to you. You also can use your annual cost-of-living adjustment notice or SSA Form 1099 as proof of income from Social Security.

Your Social Security card is your legal proof of your Social Security number. If you need proof of your number, and you can't find your card, you will need a replacement card. To get a replacement card, you must complete an Application for a Social Security Card (Form SS-5), which you can find online at www.socialsecurity.gov/ssnumber. You also will need documents proving your identity, age and citizenship or lawful immigration status.

In most cases, you can take, or mail, your completed application and original documents to any Social Security office. Go to www.socialsecurity.gov/locator to find the Social Security office or Social Security Card Center that serves your area. After processing, we will return your documents to you.

A wealth of information and online service options are available on our website at www.socialsecurity.gov.

Or you can call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), and ask for helpful publications, such as:

- How To Create An Online Account (Publication No. 05-10540);
- Your Social Security Number And Card (Publication No. 05-10002); and (Publication No. 05-10121)

www.socialsecurity.gov

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Medicare/Medicaid Information



Medicaid: Medicaid is insurance program for low-income and People who qualify based on need. Medicaid provides

health related coverage for children, senior citizens, and/or people who are blind or have other disabilities. The program is jointly funded by the Federal government and the State.

Medicare Part A: Covers inpatient care in hospitals, skilled nursing facilities, hospice and home health care. The initial enrollment period to sign up for Medicare Part A is during the first 3 months before you turn 65, up until the month you turn 65. If you decide to wait until the month you turn 65 or within the 3 months after, your Medicare Part A coverage will be delayed. If

you didn't sign up for Medicare Part A when you were first eligible, you will only be able to enroll during the annual general enrollment period is January 1st through the end of March each year.

Medicare Part B: Covers medically-necessary services like doctors' visits, outpatient care, home health services, and other medical services. Part B also covers some preventive services. If you have Part B, you pay a Part B premium each month. If you don't sign up for Part B when you are first eligible, you may have to pay a late enrollment penalty.

Medicare Part D: Medicare offers prescription drug coverage to everyone on Medicare. If you do not join a Medicare drug plan or Part D plan when you are first eligible, and don't have other creditable prescription drug coverage, you will more than likely pay a late enrollment penalty. This also applies if you are not eligible for "Extra Help". Medicare/Medicaid can qualify you for other assistance programs such as:

Pharmaceutical Assistance to the Aged and Disabled (PAAD), Senior Gold Prescription Discount, Lifeline Energy Assistance, and Hearing Aid Assistance to the Aged and Disabled (HAAD) programs. To be eligible for the PAAD, Senior Gold, Prescription Discount, Lifeline Energy Assistance and Lifeline, and/or HAAAD, the applicant must be a permanent resident of New Jersey, be at least 65 yrs or older, or at least 18 yrs of age or older and receiving Social Security Disability and meet the income criteria.

Those persons who are Medicare eligible PAAD and Senior Gold beneficiaries are also required to enroll in a Medicare Part D Prescription Plan. Both the PAAD and Senior Gold programs offer prescription drugs at a reduced rate. Please schedule an appointment with one of our SHIP Representatives today to receive Personal counseling regarding your current health benefit package!

The Brainy Bunch

[Fridays from 10 -11:30 AM]

("Here we go again") "Has anyone seen my keys?" "I just had them!" "What time was that appointment?" "I forgot what I was saying" (To themselves: "I hate when I have to ask these things, people will think I'm truly losing it") If this, or something like it, sounds familiar in your life, come join The Brainy Bunch. Here you'll find others who, like you, are struggling with short-term memory problems; finding it harder to concentrate on what's going on around them and becoming more and more frustrated and impatient with themselves and others from day to day. Too often our minds are scattered – lots of stuff coming at us at the same time. In The Brainy Bunch you can improve your self-confidence when faced with confusion, in situations where a lot of things are going on at the same time. You'll learn that you can be entirely focused on what you are doing at that very moment. Taking your time! Not worrying if other people think you're "taking too much time". You can take control of the moment. If you have a lot of stuff coming at you at the same time. Focus on one thing, finish it, and move on to another. In The Brainy Bunch, we remember that the Devil is in the distractions. Soon you will realize that you are not alone with these problems, and can gain a sense of real accomplishment when these issues are faced and



overcome. With some of the exercises we use, which are actually games, you can gain more self-confidence while working in front of other people. Sounds like a lot! It is and we have fun, lots of fun doing it. We feel that this is an important resource for you, as a Senior. Like many other activities at the Senior Center, this also makes the Center a valuable and vital part of your life.

East Orange Senior Soul Line Dancers



Telephone Reassurance Program

If you or someone you know lives alone and would like to receive a weekly telephone call, we would be happy to include you in our program.



We are currently in need of volunteer callers. Volunteers will be calling various days during the week to have a friendly conversation and check on the welfare of the person.

EO Senior Soul Line Dancers started dancing in 2012 with line dance Instructor, Najah Riker. The seniors enjoy learning the hottest and latest line dances to old and new school music. Every Tuesday the seniors look forward to the line dancing class at the senior center. Our seniors are young at heart, in good shape and always on the move. They love moving and grooving to the beat.

If you would like to join please contact Richard Clark at the East Orange Senior Center 973-266-8832

MAYOR LESTER E. TAYLOR III



RITA D. BUTTS, MANAGER
DIVISION OF SENIOR SERVICES

THE CITY OF EAST ORANGE

SENIOR FOOD CO-OP PROGRAM

2015 PAYMENT & DISTRIBUTION CALENDAR

More than 200 senior and disabled East Orange residents are already saving \$\$ on their monthly grocery bill with our Senior Food Co-Op Program. Join them by enrolling today and keep this schedule of payment and distribution dates handy!



The City of East Orange Division of Senior Services Food Co-op Program offers **two (2) types of packages**. **Regular Package: \$20.00** – consist of 4 to 5 fresh meats, fresh, frozen vegetables, fresh fruit, 64 oz. beverage and staple items. **Meat Only Package: \$15.00** – consists of the meats which are in the regular package.

NOTE: All participating members of the Food Co-op program **MUST ADHERE** to the **PAYMENT DUE DATES** that are listed below. *This enables us to order the proper quantities needed.* If you fail to meet the payment deadline, you will **NOT** be able to receive a package for that month. You can, however make your payment for the next month. The Division is not responsible for packages which are not picked up by **4:00 p.m.** on distribution date.

PAYMENT DUE DATES:	DISTRIBUTION DATES:	PAYMENT DUE DATES:	DISTRIBUTION DATES:
Wednesday, January 7, 2015	Friday, January 30, 2015	Wednesday, July 8, 2015	Friday, July 17, 2015
Wednesday, February 11, 2015	Friday, February 20, 2015	Wednesday, August 5, 2015	Friday, August 21, 2015
Wednesday, March 11, 2015	Friday, March 20, 2015	Wednesday, September 9, 2015	Friday, September 18, 2015
Wednesday, April 8, 2015	Friday, April 24, 2015	Wednesday, October 7, 2015	Friday, October 23, 2015
Wednesday, May 6, 2015	Friday, May 22, 2015	Wednesday, November 11, 2015	Friday, November 20, 2015
Wednesday, June 10, 2015	Friday, June 19, 2015	Wednesday, December 9, 2015	Friday, December 18, 2015

A New Partnership with The East Orange High School “Panthers” Alumni Association, Inc.

The East Orange High School “Panthers” Alumni Association, Inc. has partnered with the East Orange Senior Center to help serve members of the East Orange Senior community. Board members, Geraldine Fields and Gail Ponder met with Ms. Rita Butts, “Panther” And Manager of the Senior Center to discuss ways in which the Association could get involved. Since the Center provides a host of services and activities to many who are graduates of East Orange High School and their parents, the partnership is an ideal community outreach venture for the Alumni Association. The “Panthers” Alumni Association, Inc. was organized in 2012 to preserve the history and legacy of East Orange High School (EOHS). During the last two years the Association became incorporated, received 501(C)3 status, raised scholarship funds that have been

granted to students at the East Orange Campus High School and The Cicely Tyson School of Fine and Performing Arts, launched the EOHS Panthers website (www.eohspurepanthers.com); and, provided opportunities for Panthers of all ages to network. On November 19, 2014, Sanford Daniels (President), Shirley Hendricks (Publicity Chair); and Gwendolyn M. Cobb (member) of the Panthers Association met with participants of the Center’s Thanksgiving celebration. Several attendees acknowledged being proud “Panthers”. Mrs. Lorraine Barnes, a fifties graduate of EOHS indicated that she would bring her yearbook to the next Panther gathering at the Center.

On December 3, the Alumni Association co-sponsored a Fraud Education and Prevention Seminar with the Center. Alumni Association Board members,

Sanford Daniels, Pamela Watson (Vice President), Madison Willis and member, Beverly Rogers attended the presentation by Mr. Andrew Tucker, supervising investigator with the New Jersey Division of Consumer Affairs. Lunch was served following the seminar.

Mr. Daniels stated, “It has been the great pleasure of the organization to honor and recognize Senior Alumnus at events and in its newsletter, “Panther News”. Their memories of East Orange High School add much to the preservation of the school’s history. Through this partnership we hope “Seasoned Panthers” will decide to join the Alumni Association and get involved in its mission and vision.

I extend sincere thanks to Panther, Ms. Rita Butts for making this partnership possible and for her outstanding leadership at East Orange’s Senior Center.”



Photo Identification Card

Everyone should have a photo Identification Card. If you do not have a driver’s license, non driver’s identification card or a passport and you are 65 years of age or older please take advantage of the service available at the East Orange Division of Senior Services. Photo Identification Cards are issued to senior citizens and disabled adults who are East Orange residents. You can

apply for a Photo Identification Card by making an appointment. When you come for your appointment at 90 Halsted Street you must have proof of residency and a \$4.00 check or money order payable to the City of East Orange Division of Senior Services. Please note that the Identification Card that is issued at the center contains emergency contact information. In the event you are in an accident and/or are not able to communicate the

persons who come to your assistance will not only be able to identify you, but also to notify the person of your choice noted on your I.D. card. Please note that the identification card that the Division issues is not a replacement for your motor vehicle issued ID. It is a secondary form of ID used for senior discounts, and business purposes.

Seniors on the Move

Calendar of Events

MONTH OF JANUARY 2015:

MONDAY, JANUARY 12



MASTER GARDENERS OF ESSEX COUNTY

“Horticulture Programs for Seniors”

Topic: TBA

FREE- East Orange Residents ONLY!

Depart 90 Halsted St. EO, NJ at 12:15 pm

Limited Transportation available You must call to register ~ first come-first serve)

THURSDAY, JANUARY 15



DR. MARTIN LUTHER KING, JR. CELEBRATION

Special Guest Speaker

Location: East Orange Senior Center, 90 Halsted Street, EO, NJ

Time: 12:00 pm

FREE - (You must call to register to attend.)

Transportation available upon request.

SUNDAY, JANUARY 18



MOTOWN® THE MUSICAL ON BROADWAY

Lunt-Fontanne Theatre - New York, NY.

Orchestra Seating & Transportation

East Orange Residents: **\$133.00**

Non-Residents: **\$138.00**

(Dining after the show will be Dutch Treat)

PAYMENT PLAN:

1st Payment **\$50.00** Due by 11/1/ 14

2nd Payment **\$50.00** Due by 12/1/14

Final Balance Due: 1/3/15

Depart 90 Halsted Street -E.O., NJ. at 12:30 pm

Check, Credit/Debit, or Money Order Only.

TUESDAY, JANUARY 20



ESSEX COUNTY SURROGATE COURT

HOSTS AN INFORMATIONAL BREAKFAST SESSION

WITH JUDGE TED STEPHENS, II

Location: East Orange Senior Center, 90 Halsted Street, EO, NJ

Time: 11:00am

FREE - RSVP by calling 973-266-8832

SATURDAY, JANUARY 24



12TH ANNUAL

TRICKY TRAY/CARD PARTY (FUNDRAISER)

Sponsored by: EO Senior Volunteer Corp.

Donation: **\$12.00**

Location: East Orange Senior Center, 90 Halsted Street, EO, NJ

12:00 pm- 5:00 pm

(Lunch served **strictly** between 12:30 - 1:30 pm)

Check or Money Order Only.

FRIDAY, JANUARY 30



FOOD CO-OP PROGRAM

(Distribution Date-Participants Only)

Location: 90 Halsted St. EO, NJ

Pick Up Time: 1:00 pm - 3:00 pm

Not responsible for Packages that are not picked up on the Distribution Date

MONTH OF FEBRUARY 2015

MONDAY, FEBRUARY 2

WEDNESDAY, FEBRUARY 4

THURSDAY, FEBRUARY 5



REEL TO REEL: BLACK HISTORY FILM FESTIVAL

Three Day Movie Marathon

Playing your favorite movies depicting Influential African American Icons

Location: East Orange Senior Center, 90 Halsted Street, E.O., NJ

Time: 12:00pm

\$2.00 (The requested donation for Each date, to be paid in advance)

(Hotdogs, Beverage and Popcorn will be provided)

Transportation available upon request.

FRIDAY, FEBRUARY 6**MONDAY, FEBRUARY 9****FRIDAY, FEBRUARY 13****FRIDAY, FEBRUARY 20****SATURDAY, MARCH 14
& MAYOR'S OFFICE****MONDAY, MARCH 16****FRIDAY, MARCH 20****WEDNESDAY, MARCH 25****WEDNESDAY, APRIL 1****PRESIDENT'S DAY SHOPPING SPREE**

Jersey Gardens Outlet Mall - Elizabeth, NJ.

FREE (East Orange Residents Only)

Depart 90 Halsted St. EO, NJ at 10:00 am

Limited transportation available.

MASTER GARDENERS OF ESSEX COUNTY

"Horticulture Programs for Seniors"

Topic: TBA

FREE- East Orange Residents ONLY!

Depart 90 Halsted St. EO, NJ at 12:15 pm

Limited Transportation available

(You must call to register ~ first come-first serve)

**2ND ANNUAL YOUNG HEARTS PRE-VALENTINE'S
HEALTHY HEART PROGRAM & LUNCHEON**

Celebrating Seniors that are 99 years of age and older

Location: East Orange Senior Center, 90 Halsted Street – E.O., NJ. 07018

Time: 12:00 pm – 3:00 pm

\$5.00- - East Orange Residents ONLY!

Transportation is available upon request.

FOOD CO-OP PROGRAM

[DISTRIBUTION DATE-MEMBERS ONLY]

Location: 90 Halsted Street EO, NJ.

Pick Up Time: 1:00pm - 3:00 pm

Not responsible for Packages that are not picked up on the Distribution Date

MONTH OF MARCH 2015:**THE CITY OF EAST ORANGE SENIOR VOLUNTEER CORP.
OF EMPLOYMENT & TRAINING**

Hosts a Music Explosion and College Fair.

Featuring: Bethune Cookman & Lincoln Universities Concert Choirs

Location: Cicely Tyson School of Performing & Fine Arts

35 Winans Street – E.O., NJ.

Donation:

\$5.00 for Seniors (60 years or older)

\$5.00 for Students w/ID

\$20.00 for Adults

Time: 1:00pm - 3:00pm

MASTER GARDENERS OF ESSEX COUNTY

"Horticulture Programs for Seniors"

Topic: TBA

FREE- East Orange Residents ONLY!

Depart 90 Halsted St. EO, NJ at 12:15 pm

Limited Transportation available (You must call to register ~ first come-first serve)

FOOD CO-OP PROGRAM

(Distribution Date – Members Only!)

Location: 90 Halsted St. EO, NJ

Pick Up Time: 1:00pm- 3:00 pm

Not responsible for Packages that are not picked up on the Distribution Date

WOMEN'S HISTORY MONTH CELEBRATION

Special Guest Speaker: TBA

Location: TBA **Time:** 12:00 pm – 3:00 pm

Donation: \$50.00

1st Payment \$25 Due on January 15 and Balance Due on February 16

Transportation is available upon request.

MONTH OF APRIL 2015:**PRE-EASTER MALL SHOPPING SPREE**

Garden State Plaza Mall - Paramus, NJ.

FREE- (East Orange Residents Only)

Depart 90 Halsted St. EO, NJ at 10:00 am

Limited transportation available.

WEDNESDAY, APRIL 8**THE CITY OF EAST ORANGE**

Division of Senior Services presents the:

12th Annual Senior Conference***Seniors Living Longer ~ Growing Stronger***

Registration, Continental Breakfast & Lunch:

\$6.00 (East Orange Residents Only)

Location: East Orange Senior Center, 90 Halsted Street, EO, NJ. 07018

Time: 8:30 am – 4:00 pm

Transportation is available upon request.

FRIDAY, APRIL 10**MOUNT AIRY CASINO DAY TRIP**

Mt. Pocono, PA.

(Casino package to be announced)

E.O. Residents: **\$20.00**

Non-Residents: **\$25.00**

Depart **90 Halsted Street** at **9:00 am**

Check or Money Order Only

MONDAY, APRIL 13**MASTER GARDNERS OF ESSEX COUNTY**

“Horticulture Programs for Seniors”

Topic: **TBA**

FREE - East Orange Residents ONLY!

Depart 90 Halsted St. EO, NJ at **12:15pm**

Limited Transportation available

(You must call to register - first come first serve)

FRIDAY, APRIL 17**THE PRICE IS RIGHT GAME SHOW**

*The famous interactive game show that gives eligible individuals the chance to "come on down" for **MORE** prizes and **MORE** chances to **WIN**.*

New Jersey Performance Arts Center, Newark, NJ

E.O. Residents: **\$55.00**

Non-Residents: **\$60.00**

Depart **90 Halsted Street** at **7:00 pm**

Check or Money Order Only.

WEDNESDAY, APRIL 22**THE HIGH AFTERNOON TEA**

FREE (East Orange Residents Only)

Location: East Orange Senior Center, 90 Halsted Street, EO, NJ. 07018

Time: 12:00 pm

Transportation is available upon request.

FRIDAY, APRIL 24**FOOD CO-OP PROGRAM**

(Distribution Date- Participants Only)

Location: 90 Halsted St. EO, NJ

Pick Up Time: 1:00pm- 3:00 pm

Not responsible for Packages that are not picked up on the Distribution Date for

WEDNESDAY, APRIL 29**CHEW & CHAT – CHARLIE BROWN'S STEAKHOUSE**

Millburn, NJ.

FREE (Limited Transportation)

Dutch Treat Lunch

East Orange Residents Only.

Depart 90 Halsted Street at 11:30 am

MONTH OF MAY 2015:**THURSDAY, MAY 7****OLDER AMERICAN'S MONTH CELEBRATION**

FREE (East Orange Residents Only)

Location: East Orange Senior Center, 90 Halsted Street, EO, NJ. 07018

Time: 12:00 pm

Transportation is available upon request.

TUESDAY, MAY 14**COLUMBUS FLEA/FARMER'S MARKET**

“A Bargain Hunter’s Dream” Columbus, NJ.

Shop over 250 vendors selling everything from farm fresh fruits & vegetables to vintage goods, antiques & more.

E.O. Residents: \$15.00

Non-Residents: \$20.00

Depart 90 Halsted Street at 9:00 am

Check or Money Order Only

FRIDAY, MAY 15**MONDAY, MAY 18****FRIDAY, MAY 22****FRIDAY, MAY 29****CHEW & CHAT AT APPLEBEE'S, NEWARK, NJ.****FREE - (Limited Transportation)***Dutch Treat Lunch*

East Orange Residents Only.

Depart 90 Halsted Street at 11:30 am

MASTER GARDENERS OF ESSEX COUNTY**"Horticulture Programs for Seniors"****Topic: TBA****FREE-** East Orange Residents ONLY!Depart 90 Halsted St. EO, NJ at **12:15 pm**

Limited Transportation available (You must call to register ~ first come-first serve)

FOOD CO-OP PROGRAM*(Distribution Date- Participants Only)***Location:** 90 Halsted St. EO, NJ**Pick Up Time:** 1:00pm- 3:00 pm

Not responsible for Packages that are not picked up on the Distribution Date

2ND ANNUAL SENIOR PROM

Enjoy an afternoon of Live Entertainment

Camaraderie, Food and Fun.

Dress to Impress & of course it wouldn't be a prom without the crowning of a King & Queen.

Location: East Orange Senior Center, 90 Halsted Street, EO, NJ. 07018**Time:** 12:00 pm – 3:00 pm**Donation: \$20.00 (E.O. Residents) - \$25.00 (Non – Residents)**

Transportation is available upon request.

MONTH OF JUNE 2015:**AN OVERNIGHT TRIP TO CONNECTICUT:
FOXWOODS & MOHEGAN SUN**

2 Days~ 1 Night

One Night Hotel Accommodations / Deluxe Motorcoach Transportation

3 Meals (included)

Shopping in Olde Mistick Village

\$15.00 free bets \$10 Keno**Price: \$125.00 (Double Occupancy p/p) - (Single:\$135.00)****PAYMENT PLAN:**1st Payment **\$50.00** Due by: April 6th

Balance: \$ Due by: May 6th

Depart **90 Halsted Street** at 8:00 am

Check or Money Order Only

MASTER GARDENERS OF ESSEX COUNTY**"Horticulture Programs for Seniors"****Topic: TBA****FREE-** East Orange Residents ONLY!Depart 90 Halsted St. EO, NJ at **12:15 pm**

Limited Transportation available. (You must call to register ~ first come-first serve)

NATIONAL MEN'S HEALTH MONTH FORUM & BRUNCH**Guest Speaker:** TBA**Location:** East Orange Senior Center, 90 Halsted Street, EO, NJ. 07018**Time:** 11:00 am

Transportation is available upon request.

FOOD CO-OP PROGRAM*(Distribution Date - Participants Only!)***Location:** 90 Halsted Street. EO, NJ.**Pick Up Time:** 1:00pm- 3:00 pm

Not responsible for Packages that are not picked up on the Distribution Date

CHEW & CHAT AT THE CHEESECAKE FACTORY

& Pre 4th of July Shopping at Willowbrook Mall, Wayne, NJ.

FREE*Dutch Treat Lunch*

East Orange Residents Only, Depart 90 Halsted Street at 10:30 am

**TUESDAY, JUNE 9
WEDNESDAY, JUNE 10****MONDAY, JUNE 15, 2015****WEDNESDAY, JUNE 17****FRIDAY, JUNE 19****TUESDAY, JUNE 30**

Outreach Assistance is Available to You

The East Orange Division of Senior Services offers outreach services to the senior and disabled residents of the City. Outreach services consist of providing on site help for seniors aging in place and active seniors with energy assistance, NJ SNAP (formerly Food Stamps), Medicare and Medicaid concerns, assistance with completing housing applications, applying for state funded programs such as Extra Help, PAAD and Senior Gold, transportation, File of Life Cards and many other needs you may have.

If the staff of the Division is unable to assist, you will be referred to an agency that can help with your situation.

To receive outreach assistance you can call the East Orange Division of Senior Services and ask for Mrs. Shalonda Owens, Ms. Frances Shepard or Ms. Sala Small.

Please don't wait until the last minute to seek help.

Medicare Needs: Are you happy with your Medicare coverage? Are all of your medications covered by your prescription plan? If you answered no to either of the

Questions, then you should call the East Orange Division of Senior Services for help. The Center has trained staff members to assist you with your Medicare needs. There are many plans available for you to choose from. Listed below are very important dates for you to remember:

January 1 – February 14, 2015 Disenrollment Period

Beneficiaries of Medicare Advantage plans can dis-enroll from their current MA plan and return to Original Medicare and a stand-alone prescription plan.

October 15 – December 7, 2015 Open enrollment Period

This is the time to make changes to your Medicare HMO's, Medicare Advantage Plans and Prescription Plans.

Changes will take effect January 1, 2016.

If you or someone you know needs assistance with making changes to their selected Medicare plan please don't hesitate to call 973-266-8832 ext. 102 or 118.











Computer Classes Designed Specifically For You!



JUMP INTO THE 21ST CENTURY, by learning the necessary computer skills needed in society today.

You will be taught keyboard basics, mouse utilization, Email set-up and operation, web- browsing, updates to Microsoft Office, setting up cell phones and managing your accounts online, including Bill pay.

Remember now, "We are never too old to learn." Our seniors range in age from 60 to 104! Therefore, we are looking forward to serving all interested individuals. Don't be afraid to try something new. Come out and advance yourself while enjoying the company of young, energetic persons like you.

Computer classes will be offered Monday through Friday.

Please refer to the weekly schedule on page 20 for class times. Individuals who have their own transportation are encouraged to enroll in the early classes.

Those individuals who need Transportation are requested to attend the 10:00 A.M. or later classes. Transportation is available upon request, however, spaces are limited. All interested parties are strongly encouraged to enroll. We are waiting for your call to sign up and widen your horizons in 2015.



Mayor Lester E. Taylor, III
and
The City of East Orange Municipal Council

Senior Services COOKBOOK

In Honor of the

150th Anniversary Celebration

1868 2018

MAYOR LESTER E. TAYLOR, III

Limited time offer \$7.00

Hurry and get your copy now!

Support your Senior Center by *purchasing a Cookbook*

The East Orange Division of Senior Services will be selling cook- books at a discounted price of \$7.00. Hurry and get your cook- book while they are still in stock.

The discounted price won't last long.

Enjoy making tasty new dishes to share with your family and friends. The Cookbooks also are great inexpensive gifts.

Recipes provided by East Orange Seniors

Thank you!



The City of East Orange Division of Seniors Services

Mayor Lester E. Taylor, III

Rita D. Butts, Manager

Weekly Activities

Exercise Class

~~Mondays, Wednesday & Thursdays~~
at 10:00am are all filled to capacity

Tuesdays from 10:00am - 11:00am
& Thursdays from 1:00pm - 2:00pm
Are the Only Available Class Days/Times

Soul Line Dancing Class with Najah

Tuesdays: 11:00am - 12:00pm
Donation: \$5.00 per class
(must be paid before taking class)

Arts & Crafts Club

Wednesdays: 10:00am - 2:00pm

East Orange Senior Bowling League

Thursdays at Eagle Rock Bowling Lanes 11:00am - 1:00pm

Free! Free!! Free!!!

East Orange Silver Steppers
[Drill Practice]

Mondays & Thursdays 11:00am - 1:00pm

Corner Pocket [Billiards Club]
FREE Open Play



East Orange Senior Praisers Gospel Choir

Fridays: 12:00pm - 1:00pm

East Orange Seniors Brainy Bunch
with Dr. Mark Riddell

(Cognitive and Memorization Exercises and Games)
Fridays: 10:00am - 11:00am

Computer Class: Monday - Friday

9:00am - 9:45am	[10:00am - 10:45am	[11:00am - 12:00pm
2:00pm - 3:00pm	[3:00pm - 4:00pm		

Monthly Activities

East Orange Senior Volunteer Corp.

Meet Every 2nd Tuesday of the Month at 1:00pm

East Orange Treasures [RED HAT SOCIETY]

Meet Every 3rd Wednesday of the Month at 12:00pm

East Orange Child Development Corp.'s
Grandparents support Group

Meet Every 2nd Thursday of the Month at 12:00pm

Food Co-op Program

Every 3rd Friday of the Month

Transportation is provided upon request for ALL above activities. For further information call: 973-266-8832

